

SPOKE

Conestoga College, Kitchener

DECEMBER 13, 1999

What's Inside



Frolicking in the second snowfall.

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Will Y2K bug sting Conestoga?

Massacre commemorated

By Tannis Fenton

Dec. 6 is the day Marc Lepine murdered 14 women at Montreal's Ecole Polytechnique in 1989.

To mark the 10th anniversary of the massacre, Conestoga College honoured the 14 women who died and all women who have suffered from violence with a commemoration ceremony and a guest speaker.

Cambridge Women's Crisis Services, in conjunction with the YWCA and other area sponsors, planted 14 rose bushes in late November outside the blue cafeteria to provide a permanent place of commemoration.

On Dec. 6, members laid long-stem roses on the bushes as part of the ceremony.

Katy MacRae, program director for the Cambridge YWCA, said the rose bushes symbolize the hope to end violence.

Gail Webster, a Barrie OPP staff sergeant and provincial co-ordinator for crisis negotiation, spoke in the Sanctuary about her sexual assault experience.

Webster was sponsored by the Women's Resource Group and the DSA.

On Friday, Sept. 13, 1974, 17-year-old Webster was walking

home from the Belleville Fair around midnight when she saw a brown car driving away. As she continued to walk, Webster noticed the same car, but thought nothing of it.

When she turned onto an isolated road, Webster saw a person several metres away walking towards her.

When Webster saw the nylon stocking over the person's face, she knew she was in trouble, but it was too late.

The man grabbed Webster and wrestled her to the ground as she fought back.

Covered in blood from a broken nose, Webster soon gave up struggling. Her attacker raped her in a nearby field and then let her go.

As she ran home, Webster saw the brown car that had followed her parked near the field.

Webster, who teaches police how to deal with victims compassionately, never reported the assault. In fact, she went home that night, threw her clothes in the garbage, washed up and went to bed.

There are many reasons the mother of three didn't report the rape when it happened 25 years ago.

She said she thought it was her fault and she couldn't face the



Joan Magazine, a college counsellor, Sherry Bulmer, a recreation and leisure student, and Katie MacRae, YWCA program director, place roses on a rose garden commemorating the 14 women killed in the Montreal Massacre. (Photo by T. Fenton)

authorities for fear of judgment.

Webster never sought counselling and spent the following three years haunted by the attack and living in fear until she decided not to let her attacker ruin her life.

Seven years ago Webster started doing presentations about her

sexual assault.

Webster said she shares her story, which has been aired on CBC and NBC, to prevent the same thing from happening to others, to tell other women how to be careful and to let them know they're not alone.

Bursaries to be doled out next month

By Walerian Czarnecki

The Conestoga College Student Assistance Fund bursary amounts will soon be decided on and the money will be given out in January.

The bursary, which is a non-repayable award, is given to students who show a financial need. The bursary is given out once a year from revenue generated from tuition fee increases, said Carol Walsh, Conestoga's financial aid officer.

"The college has to put 30 per cent of the 10 per cent hike into student aid," said Walsh.

Changes have been made to the application process for this year, she added.

Complaints were received from students who believed that too little information was requested and their particular circumstances could not be addressed on their application forms so a new

application form was developed, said Walsh.

"We hope we've given everyone a chance to address their particular financial situation or emergency," said Walsh.

Priority will be given to those students who are carrying a high debt load from either OSAP or student loans from banks.

Several things will be looked at in determining financial need including a student's personal status, family size, accommodations, course load, any other exceptional expenses and the resources the student has to meet needs.

Students must now provide documentation to prove their need, which was not required before.

A point system was developed to distinguish which students demonstrate a financial need and how large that need is, said Walsh.

"This year we've received 600 applications, so not everyone will

receive money," she said.

The new system will allow students to be more specific about their situation, but they must still provide proof.

"Proof is still a problem," said Walsh.

Four people in the financial aid office go through the applications and meet to discuss certain circumstances. They use the point system to judge need. The higher the points that a student scores on the application will demonstrate a higher need, resulting in a higher bursary, said Walsh.

Walsh explained some of the criteria for the point system. Students with dependents are awarded three points and one point for each child. A single dependent living at home would get one point, while a single that lives away from home would receive two. Students who commute from another city receive a point.

Rent costs would also be

considered. No rent would be zero points, but if it is over \$251 the student would receive three points.

"If you did not provide a rent receipt then you would receive zero points," said Walsh. "We have many who have not provided a receipt."

If a student accumulates a debt load of \$25,000 in student loans he/she receives four points. If a student received more than \$9,350 in OSAP funding, he/she gets four points.

"We are trying to reduce debt load," said Walsh.

Students are not penalized for working, said Walsh. If someone has employment, he/she gets a point, unless the income is too large. An unemployed student receives two points.

Some of the money will be held for students entering a two-semester program in January and for emergency loans, said Walsh.

Practical nursing to expand in 2005

By Tannis Fenton

The Council of the College of Nurses of Ontario adopted new entry-to-practice competencies for registered practical nurses on Sept. 30 that will lengthen the three-semester practical nursing program beginning in 2005.

The new competencies, which were in development for nine months, involve enhancing the knowledge and skills necessary for RPNs to meet the demands of the health-care system now and in the future, said Nancy Hacking, chair of health sciences certificate programs.

"There's new emphasis on the leadership role of the RPN within their work environment," she said, adding that critical thinking, problem solving and assessment skills will also be emphasized.

New technology and greater complexity of care requires RPNs to be more proficient in these skills, Hacking said.

The new competencies follow

the requirements adopted in December 1998 for registered nurses (RNs), which include the baccalaureate degree requirement starting in 2005.

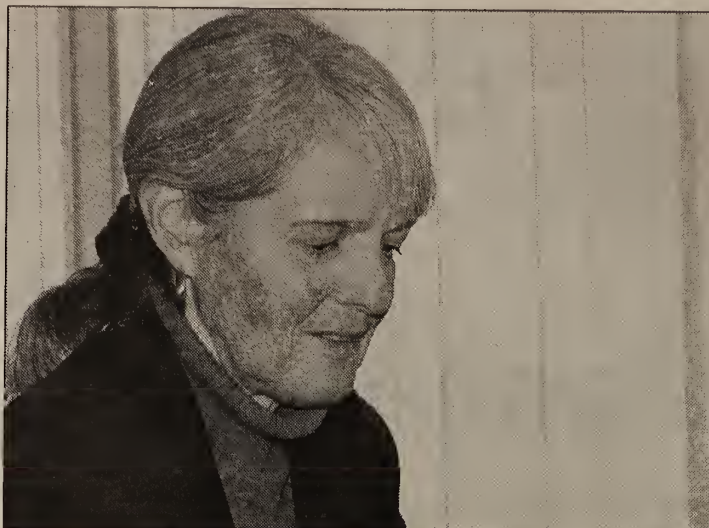
The changes, occurring to both levels of nursing, are happening together because what affects one level of health-care provider directly affects the other, said Hacking.

"There are a number of things that have driven the profession to look at the level of performance and function that would be required of the RPN the same as the RN," she said.

Hacking said increased workloads and more complex technology instigated the new competencies.

"We need to look at putting a stronger science base in the program and more emphasis on physiology and pathology," said Hacking.

The clients being cared for in the health-care system are more complex and acute due partly to



Nancy Hacking, chair of health sciences certificate programs.
(Photo by Tannis Fenton)

cutbacks in the health-care system, she said.

"If people are in hospital today, they are much more sick and their conditions are more complex," Hacking said, adding that patients who can be cared for at home are

There is an increase in acute care

in hospital and long-term care institutions across the board, she said.

The new competencies will change the practical nursing program in several ways.

Admission requirement changes will make it necessary for appli-

cants to have two science credits instead of one, for example.

Hacking added that the practical nursing program may become standardized across the province.

Although there is no official decision on the program's new length, she said it will be at least two years long and will become a diploma program instead of a certificate.

Hacking said the knowledge base and skills required to learn nursing competencies are better taught over a longer period of time.

RPNs working in the field will not be disadvantaged by the new competencies, Hacking said, but regular upgrading in the nursing field is necessary depending on the area of work.

"As the (RPN) role expands, as it will with these competencies, there may be practising RPNs that are going to have to further their education and come back to school for courses to pick up the knowledge and skills that may be limiting their performance in a particular area," she said.



Barney Strassburger Jr. (right), president of Twincorp Inc., with (from right) his daughter Michelle Strassburger, and students Kim Kroecker, Keri Clark and Michelle Ingram.
(Photo by Phil Wright)

Franchising not child's play

By Phil Wright

Conestoga College business instructor Jay Moszynski calls it "franchising with an attitude," but for a local entrepreneur a simple yet demanding business philosophy is the recipe for success in the highly competitive fast-food industry.

Barney Strassburger Jr., president of Twincorp Inc., detailed the rapid growth of his fast-food chain to a class of third-year management studies students on Nov. 29 at Conestoga's Doon campus.

Twincorp Inc. operates nearly 100 Pizza Hut, KFC and Taco Bell restaurants throughout southwestern Ontario.

The trek to swift growth began for Strassburger in 1997 when Pepsi Cola Canada Inc., the international food and beverage firm, sold its restaurant division, which included the three well established fast-food operations.

The purchaser, Tricon Global Restaurants Inc., in need of cash to reduce its debt load, sold off its asset base including the fast-food operations.

Strassburger, intrigued by the developments, purchased a number of franchises in a series of transactions from Tricon resulting in Twincorp becoming the largest independently owned franchise company in Canada.

In the span of 25 months, Twincorp has increased its number of franchises from 31 to 98 and the number of its employees from 460 to nearly 2,500.

Although complex state-of-the-art systems are essential to accommodate such expansion, the philosophy Strassburger espouses is quite simple.

"You have to be passionate and demanding and run every restaurant like it's the only one you own," Strassburger told his audience.

A commitment to success is key, he added, as in his case business became a virtual obsession. "I have lived it (franchise management), breathed it and done it for over 30 years," said Strassburger.

He runs a lean and efficient operation and key indicators, such as profitability and the volume of complaints, are closely monitored for each restaurant on a continual basis. Concerns are quickly addressed.

Strassburger believes one of his main responsibilities is to motivate his burgeoning workforce.

"My job is to lead, not yell, and to empower people," he said.

In return, he expects unquestionable loyalty from his employees, who, he believes, are hired for life.

Those with 25 years service not only receive words of encouragement directly from Strassburger, but also monetary awards as well.

When it comes to competition, however, Strassburger makes an admission reminiscent of a hardened old-school capitalist.

"I don't allow it," he declared to his student audience.

My job is to lead, not yell, and to empower people."

*Barney Strassburger Jr.,
president of Twincorp Inc.*

He fully realizes the vulnerability of a generally highly leveraged new franchisee and, he added, uses such insight to his advantage.

As far as advice for students, Strassburger stresses the necessity of passion when choosing a rewarding, but more importantly, a fulfilling career.

"Pick whatever occupation you're passionate about," he said. "Attitude is 75 per cent of the battle."

Strassburger also told his rapt audience that obtaining an education, in itself, does not guarantee success in a highly competitive business world.

"Education is one tool," he declared, "but experience is what you need."

Writing Problems?



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Art students to compete in patch design

By Nicole Furlong

Post-secondary fine arts students across the province have been invited by the Canadian Space Agency to participate in a competition that has the potential to launch the winner's future career.

In support of higher education, the space agency, located in Saint-Hubert, Que., is holding the first Canadian Patch Design Contest, which involves fine arts students designing the official patch for "Mission Hadfield."

The space mission, which will take flight in the fall of 2000, is a historic event for Canada as

Canadian astronaut Chris Hadfield will deliver a space station remote manipulator system to the International Space Station aboard space shuttle Endeavour during Mission STS-100.

Canadian astronaut Chris Hadfield will wear the chosen patch design on the flight.

Hadfield will wear the chosen patch design on the flight.

Information packages have been sent to 122 educational institutions across the province inviting

all fine arts students to participate in the competition, said Marilyn Steinberg, manager of the education and space awareness program.

"We're trying to open the com-

petition is to support educational excellence in Canada.

The grand prize winner will receive a signed copy of the original artwork as well as a letter of congratulations signed by Hadfield, a personal invitation to the Mission Hadfield launch in Quebec and a cash prize of \$500.

There are several rules students must take into consideration when creating their patch.

Patches must include the words STS-100, the use of the name Hadfield and either the Canadian flag or red maple leaf.

Entries must be transferable to a woven format and submitted in

colour in two sizes.

Canadian students registered in a fine arts faculty or enrolled in a fine arts course in a Canadian university, fine arts school or community college are eligible to submit one entry per participant.

Employees of the Canadian Space Agency and the Canadian Space Resource Centres and their immediate families are not eligible to participate.

Participants must register their intent to participate by Jan. 15, 2000.

Entries must be sent to the space agency no later than Feb. 1, 2000 5 p.m. Eastern Standard time.

In brief

DSA reviews survey

By Anna Sajfert

An evaluation survey for Conestoga faculty members was presented to the Doon Student Association at a Nov. 30 executive meeting.

Deborah Croft, director of human resources, and Bill Jeffrey, dean of health sciences, introduced the performance appraisal process, which is used to evaluate college faculty in several ways, including the student appraisal of teaching (SAT), self-appraisal, peer appraisal and program chair's or dean's review of the appraisals.

Croft said while the full- and part-time faculty will be assessed every two years, all probationary and new teachers will be reviewed every semester.

She added the faculty would be assessed in a minimum of two courses, including at least one new course if pertinent.

"We'll divide it 50-50, where half the faculty will be randomly selected for the first year, and the other half will be assessed the

following year," she said. "We can't evaluate the entire faculty at once because we'd be looking at more than 36,000 SATs."

Croft said most teachers felt the process would be horrendous.

Jeffrey said that Conestoga president John Tibbits wanted the International Organization for Standardization committee to continue to examine the quality of education at Conestoga College and so consistent faculty evaluations are required.

"The college also has to show evidence that the ISO policies are being met," he said.

Conestoga College is hoping to be the first college to be ISO certified.

The appraisal questions have been made more specific and extensive this year compared to previous years, Jeffrey said.

He added the teachers might have the opportunity to compose their own questions for the SATs.

Tougher policy

The Doon Student Association executive has decided the candidates in the DSA election 2000/01

will have to collect 100, not 50 signatures, to enter the executive race.

The DSA said 100 signatures, which is 2.5 per cent of the campus population, is more appropriate because it represents a higher number of student votes.

"We want the future candidates to put more effort into the election," said DSA president Ellen Menage. "Getting 50 signatures takes about 30 minutes and while it's not hard, it may be time consuming."

New elective course

The Doon Student Association executive has reviewed an outline for a new elective course that will be offered at the college.

The course, called Managerial Skills Through Student Leadership, is only available to DSA executive members because it is a 48-hour credit course with only eight hours of formal class time. The remainder of the hours must be practical experience, which the DSA executive will obtain

"on the job."

The new course will start in January, but will normally be offered in the fall semester.

Joe Martin, dean of applied arts, will be the instructor.

New scholarship

By Walerian Czarnecki

A new \$2,000 scholarship will be divided into \$500 awards and given annually to four students entering any three-year business program at Conestoga College.

Any student who has achieved an overall average of 80 per cent in Grade 12 subjects, has shown leadership skills during the last two years of high school and volunteered either in high

school or in the community is eligible for the Mac Voisin Scholarship.

The deadline for application submissions is Dec. 15.

Applicants must complete the submission form, provide a letter outlining their activities that demonstrate leadership and volunteer work, as well as supporting letters from a guidance counsellor or others who can attest to that work.

A transcript of high school marks must also be attached and submitted to the awards office by Dec. 15.

The scholarship has been established to honour Mac Voisin, a Kitchener business leader and entrepreneur who founded the chain of M&M Meat Shops.

Winners will be notified in January.

Boycotting Molson



Ed Simon, left, Cosmo Chimienti, centre, and Jerry MacIntyre are CAW workers on strike against Molson, which is closing down the Barrie plant. They were at Conestoga College on Dec. 1 to ask students to boycott Molson's products and support Labatt.

(Photo by Walerian Czarnecki)

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884-7376

BURLINGTON • GUELPH • LONDON

Conestoga College is No. 1

Conestoga College president John Tibbits recently revealed details of the college's \$39-million capital plans in a special capital fund application to the provincial government's SuperBuild Growth Fund.

Among other things, Conestoga is looking to build a 25,000 square-metre campus on University Avenue in Waterloo with preliminary plans for a four-year nursing program, police and emergency services programming as well as broadened communications programming.

The nursing program would include the participation of McMaster University and Mohawk College, giving nursing students the opportunity to compete with those graduating from university programs.

The future of Conestoga College is looking bright.

The Writing Centre was officially opened this past September as part of the Learning Opportunities project.

The project is a provincial task force which has set aside \$30 million for eight post-secondary sites to implement projects to increase the academic success of students with specific learning disabilities.

Approximately \$2.7 million of that money will be given to Conestoga over the next four years.

We also saw the opening of the new IT centre at the Waterloo campus this past fall and the new machine shop at the Guelph campus.

The in-fill addition to the main teaching building at Doon campus expanded the technology wing and created additional classrooms.

The college also obtained approval from the CRTC this past July for a FM radio station, which should be on air by fall 2000.

On top of all these expansions and developments, the Ontario colleges Key Performance Indicators (KPI) surveys rated our college as number one in graduate employment and graduate satisfaction. The college was tied for number one in the province in overall student satisfaction with number one standing in quality of services and quality of facilities and resources.

At a time when the province is cutting back on funding for post-secondary institutions, our college continues to expand and our programs are increasingly more competitive.

We should be proud to be part of an institution that is proceeding into the next millennium in such a strong, progressive and confident manner.

Priorities not balanced

Funding for post-secondary education is a hard thing to come by these days.

College tuition has gone up 10 per cent every year for the past few years.

The Tory government cut post-secondary funding by \$30 million in November by creating greater restrictions on student loans.

Kevin Mullan, vice-president of finance and administration at Conestoga, says spending per student is down, because enrolment is increasing while grants have remained relatively stable since 1996.

Conestoga College's base provincial operating grant was \$19.1 million from 1997 to 1998, which is down \$6.8 million from the 1992 to 1993 grant, according to Mullan.

A recent York University study said college funding is down 21 per cent while enrolment is up nine per cent.

In light of all this financial hardship, it seems hard to believe that college security is driving around in a new \$16,000 car.

While this car will increase security efficiency and flexibility, according to Al Hunter, supervisor of security services, it will cost more money than paying security staff out-of-pocket expenses to use their own cars while on college security business.

Hunter told Spoke for a story in its Nov. 29 edition that the new car will be a comfort to college students and employees.

The car is reassuring them this is a safe campus, he said.

The car illustrates that the college has its priorities in the wrong place. Before the college leases a car for security services, it could consider lowering tuition or cutting the \$88-per-hour fee charged to students to use the athletic centre gymnasium outside school hours.

It's not that the college is spending much more money to lease the car. It's that students who are borrowing huge sums of money to fund their education don't feel reassured by a new security services car.

At a time when the government is cutting back on funding to colleges which forces them to increase tuition, does the college really need to spend more money to lease a car for security services?



Is Conestoga ready for Y2K?

The millennium is rapidly approaching and will sneak up on us faster than we expect if we're not adequately prepared for the repercussions it may bring.

There has been much talk and speculation about what will happen when the clock strikes midnight on Jan. 1, 2000, and whether there is sufficient cause to worry or not, the world is bracing itself for the worst.

Initially, as far back as two or three decades ago, people expected the millennium to mean the end of the world, as we know it.

Visions of airplanes falling out of the sky, elevators dropping, economies coming to a halt and general chaos were predicted in the 1970s.

This hysteria has dissipated because this generation has embraced superstitions such as extraterrestrial life forms and psychic phenomenon. We might be immune to the possibility of a meltdown.

A problem remains, however. Y2K is worrying computer technologists around the globe.



Nicole Furlong

The millennium bug was born in IBM computers decades ago when it was decided that only the final two digits of a year would be used to represent the

date, in order to save space and time.

This causes a problem in the computer world because when the year changes to 2000, computers don't have the capacity to interpret that date correctly and will perceive it to mean the year 1900.

It is expected to cost well over \$1 trillion worldwide to solve these technological problems.

In September 1998, a four-person committee was flagged at Conestoga to deal with Y2K issues.

Tony Pimenoff, director of information technology services, says a lot has been done over the past year to prepare for Y2K problems that might arise at the college.

The project plan suggested the

committee look first at high-risk problems such as whether the electricity and heat will be affected.

Equipment has been upgraded as Y2K preparations were completed.

"We are about 80 to 85 per cent ready," Pimenoff said.

The committee is not overly worried about Y2K because they feel they have prepared for every possibility, he said.

Kevin Mullan, vice-president of finance and administration operations, says a few thousand dollars have been spent on the project.

A help desk has been set up for students to report corrupted equipment. They can reach this desk by calling the school and entering extension 444.

The advice the college is giving to students is to report any problems they may encounter with equipment at school and check their environment at home to make sure everything is still working properly.

So students, sit back, relax and enjoy what the new millennium will bring. Just keep some candles and water handy!

SPOKE

Keeping Conestoga College connected

SPOKE is published and produced weekly by the journalism students of Conestoga College.

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ECE students claim cash prize

By Talisha Matheson

Two Conestoga College students are the recipients of the Al Gmelin award from the Preston Rotary club.

Lisa Evers, 20, and Christine Deneau, 26, second-year early childhood education (ECE) students, each received a \$300 cheque on Oct. 21 at an awards ceremony held at the Grand Valley Golf and Country Club.

To be considered for the award they had to score over 80 per cent

in both of their placement positions.

Both students were awarded for their outstanding work in their first- and second-field placements.

Evers had an 89 per cent and Deneau had a 93 per cent.

Evers and Deneau said Birdena Hamilton-Armitage, ECE program co-ordinator, called them and announced that they were both award winners.

"I filled out the application and kinda forgot about it," Evers said. "I didn't think I'd get it anyway."

"I was really happy," Deneau said. "I was in shock, but the extra money helped pay bills."

Evers said she bought school supplies with the money. "I did nothing fun with it," she said.

Deneau said she paid rent and bought school supplies with the money.

Both students will graduate in April 2000. Evers hopes to work with a government agency or children's services. Deneau said she would like to pursue a teaching career.



Christine Deneau (left) and Lisa Evers are the winners of the Al Gmelin award. (Photo by Talisha Matheson)

Bombs away!



Three-year-old Thaisun Jahn plays in the snow outside the main entrance of the Doon campus after the season's second significant snowfall on Nov. 29. (Photo by Phil Wright)

Correction

In the Dec. 6 edition of Spoke on Page 7, in the news briefs, it was stated that the DSA executive had purchased Maple Leaf tickets. In actual fact, the DSA is looking into purchasing Maple Leaf tickets and will report back to the board of directors in January.

Spoke apologizes for the error.

The Strategic Plan, 2000-2005

Conestoga College Moves Forward . . . With Your Help

As Conestoga College continues work on the Strategic Plan (2000-2005), you can help make that Plan a reality -- one that works well for the College, and for students, faculty and staff.

Any time from November 29 through December 17, please take a few moments to complete the survey giving your thoughts on an *Environmental Scan* -- the social and economic trends that will affect the College's future.

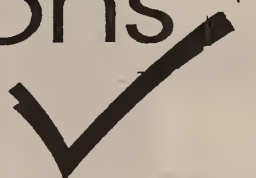
Here's how to participate:

- Go to a special Web site -- www.conestogac.on.ca/stplan -- where you can complete the survey on-line and submit it electronically, or print a copy of the survey forms to be completed and sent to College Planning (Employee Services Building, Doon), OR
- Pick up printed survey forms -- you'll see them at various locations throughout the College. When you've completed the forms, send them to College Planning (Employee Services Building, Doon).

It's that easy. The more responses the College receives, the better our Strategic Plan will reflect your ideas for the College's future.

Take the time to help make Conestoga a better college -- participate in the Strategic Planning process.

DSA Elections



Positions Available:

President

Vice President of Operations

Vice President of Student Affairs

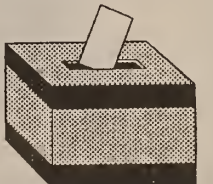
Vice President of Education

Nominations:

Open from

Mon. Jan. 17, 2000 until

Wed. Jan. 26, 2000 at 12 noon



*Nomination packages available at the DSA office - packages outline candidate's requirements and policies and procedures.

*No candidates will be accepted after Wed. Jan. 26, 2000 at 12 noon.

The sky's the limit
on

SPOKE

Students show off projects to industry

By Beverley Grondin

Architectural engineering technology students displayed their in-progress projects to local industries at Network 2000 in the blue cafeteria, Dec. 1.

Gord Lipke, engineering technology program co-ordinator, said about 30 industry representatives, from companies such as Tacoma-Steckley and KW Glass, were invited to set up displays about their companies as well as look at

the students' work.

Local teachers and high school students interested in architecture were also invited to the evening presentation.

"The reason for Network 2000 is to connect our students and high school students with the construction industry," said Lipke.

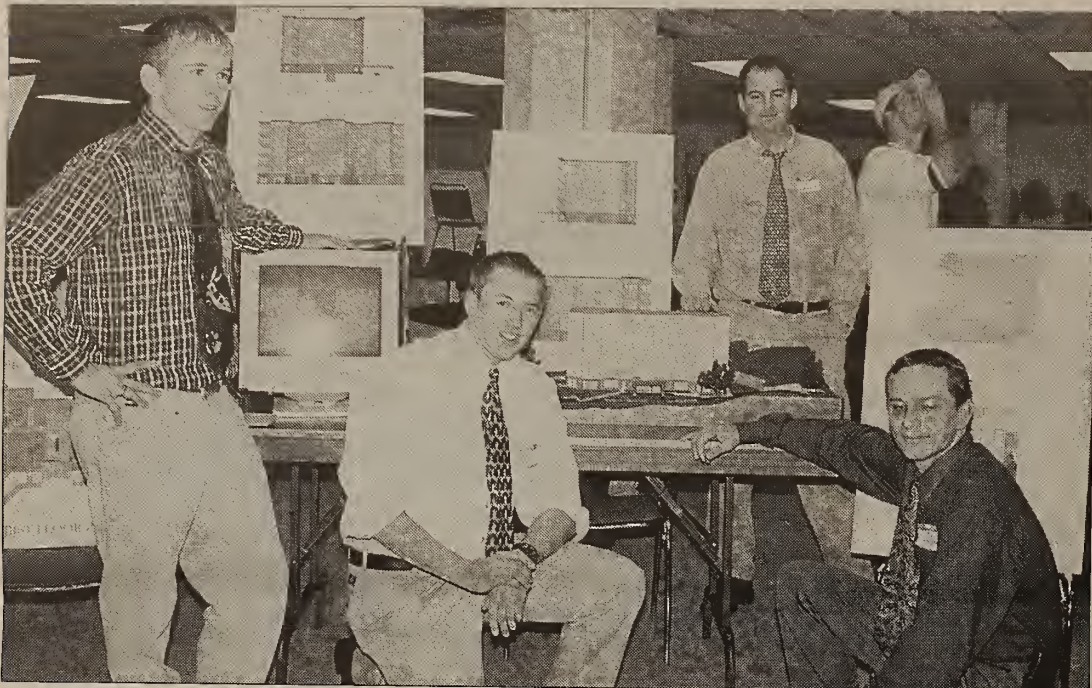
He said first-, second- and third-year projects were displayed and industry representatives voted on the most professional presentation

of their third-year architectural team project.

A cash prize of \$200, as well as door prizes, was awarded to first-place winners Steve Clark, Sean Parsons, Darryl Denny and Eric Drozdek for their project.

Melloul-Blamey Construction Inc. of Waterloo donated the money for the prize.

The owners of the construction company, Dave Blamey and Bernie Melloul, graduated from Conestoga in 1972.



Third-year architectural engineering technology students Steve Clark, (left), Darryl Denny, Sean Parsons (back) and Eric Drozdek won first place for their design project.

(Photo By Beverley Grondin)



George Marcello, who is preparing to walk across Canada in 500 days, speaks at an organ and tissue awareness meeting in the Sanctuary Dec. 1.

(Photo By Tannis Fenton)

Organ donation crucial for many

By Tannis Fenton

Canada has one of the lowest rates of organ donation in the developed world, said Diane Dyson at an organ and tissue donation awareness session on Dec. 1.

The executive director of Step By Step, a charitable organization dedicated to increasing organ donations, was among five speakers who spoke to the crowded Sanctuary about the need for organ donations.

Michael Harris, DSA vice-president of education who is waiting for a cornea transplant, read a letter from Ontario Premier Mike Harris stressing the importance of organ donations.

Premier Harris commended Conestoga College for being the first educational institution to get involved in organ dona-

tion awareness.

George Marcello, of Guelph, who walked across Ontario to promote organ and tissue awareness, talked about the second chance he was given when he received a liver transplant four years ago.

In May 2000, Marcello said he will begin a 500-day walk across Canada to promote the need for organ and tissue donations.

Marcello said the bottom line for his walk is to give thanks for the second chance he was given.

Mel Davis, of Guelph, talked about the impact of his decision to donate his son's organs after a fatal car accident.

Victor Davis, whose organs helped to save six lives, was an Olympic medal-winning swimmer who died Nov. 11, 1989 in Montreal after he was struck by a car.

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Live's new album will turn heads

By Walerian Czarnecki

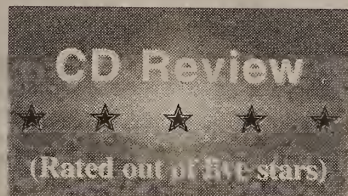
The Dolphin's Cry sounds good, really good. Live's new CD, The Distance to Here, was money well spent. It is perhaps one of the best CDs to be released all year.

It starts out with The Dolphin's Cry, which currently has a video running. The CD continues with The Distance and goes right to the end with strong songs, with some of the best work that Live has done.

Their last album, Secret Samadhi, was known for songs such as Rattlesnake, Lakini's Juice and Turn My Head. Some of the best from The Distance to Here are The Dolphin's Cry, The Distance and Run to the Water, a ballad that will remind fans of Turn My Head.

There are some fast songs that put to use some great guitar skill, both acoustic and electric. The slow songs have a haunting sound, but that just shows the experimentation Live has put into this album.

Edward Kowalczyk, the lead singer and sole writer of all but



three of the songs, proves himself as one of the best lyricists there is. His skillful use of the poetic lyrics makes The Distance to Here a quality piece of work, unlike some of the other mindless Britney or Backstreet malarkey.

The band does not try anything too drastic that will turn listeners off. It is varied and none of the songs is weak. Live did not pad this album with tracks of recycled riffs.

There is one general weakness to an otherwise great album. It can be easily compared to Secret Samadhi in terms of musical style. Even though it's new, and that's evident, it seems to be a sequel to their last album.

But in a Star Wars sense, it's a damn good sequel from one of the most creative bands in the business right now.



CD art

Upcoming CD Releases

Dec. 14

Man on the Moon: Original Soundtrack

The Green Mile: Original Soundtrack

Dec. 21

DMX: The Dog-The Man-The God

Dec. 28

Jay-Z: Volume 3: The Life and Times of Shawn Carter

Upcoming Video Releases

Dec. 14

The Red Violin-Samuel L. Jackson, Don McKellar
Dick-Kirsten Dunst, Michelle Williams, Dan Hedaya

Dec. 21

Run Lola Run-Franka Potente
Summer of Sam-John Leguizamo, Mira Sorvino

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Sounds like a sure shot

Beastie Boys' greatest hits destined for number 1

By Adam Wilson



The Beastie Boys, in one form or another, have been making music since 1981. With albums like *Licensed to Ill*, *Ill Communication* and *Hello Nasty*, they proved themselves to be a critically acclaimed band.

Their latest release is a 42-song, double-CD anthology chronicling the band's career from their early days as a hardcore punk band to their current alternative "hip-hop" sound, which has made them known worldwide.

The album, *Sounds of Science*, features all of the famous Beastie Boys songs, as well as some of their older punk tunes and previously unreleased tracks.

With songs like *Sure Shot*, *Sabotage*, *Brass Monkey*, *Hey Ladies* and the ultimate party anthem, *Fight For Your Right*, this album is perfect for fans of the band and for those who are just getting into the Beastie Boys.

But it's the unreleased and punk songs that make this album even better.

Egg Raid on Mojo is one of the band's first songs from their early days. In a press release, Adam Horovitz (King Adrock) said the first time he played this song with then Beastie Boy John Berry, it was completely made up. The lyrics are about a doorman (Mojo) who worked at clubs. Mojo would sometimes let the band in for free, and sometimes he wouldn't. Horovitz said that this song chronicles an "unfortunate evening when he (Mojo) chose not to."

Another hilarious song on the album is a cover of Sir Elton John's song *Benny and the Jets*. The song is recorded live at

Madison Square Gardens and features Biz Markie on lead vocals. This song will really make you laugh if you've ever heard John's version.

The band also included a new single, *Alive*, to the anthology. This song is about just feeling good to be alive and is currently getting air-time on Much Music and alternative radio stations across Canada.

For a band with an 18-year career behind them, countless number 1 hits and five full-length albums, not counting EPs, 12" singles and other CD singles, it would be hard to compile a perfect recording that best represents such a band. *Sounds of Science* breaks this mold, making the collection one of the most perfect greatest hits packages ever assembled, as well as one of the best albums of the year.

If you're a fan of the band, or someone just getting into the Beasties' music, *Sounds of Science* is a definite buy for any record collection.

Upcoming Theatrical Releases

Dec. 17

Stuart Little

Bicentennial Man (*Robin Williams*)

Dec. 22

Man on the Moon (*Jim Carrey, Courtney Love*)

Any Given Sunday (*new Oliver Stone film*)

Dec. 24

The Talented Mr. Ripley (*Matt Damon*)

Dec. 25

Titus (*Anthony Hopkins, Jessica Lange*)

Jan. 7, 2000

Eye of the Beholder (*Ewan McGregor*)

Jan. 14

Play it to the Bone (*Woody Harrelson*)

Feb. 4

Scream 3 (*Neve Campbell, David Arquette*)

Feb. 11

The Beach (*Leonardo DiCaprio*)

April 14

Ready to Rumble (*WCW movie*)

May 10

Jason X:Friday the 13th Part 10

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The Learning Resource Centre Staff

Condors on thin ice

Conestoga suffers loss of four integral players

By Nicole Furlong

Conestoga's men's hockey team has recently lost four integral players, three due to injuries.

Matt Turcotte will be out indefinitely after he broke both his wrists in a game on Nov. 20 against Cambrian College.

"Cambrian have always been rivals"

*Ken Galerno,
coach*

Turcotte's doctors have recommended he never play hockey again.

The first-year Condor was shoved by a Cambrian player, lost

his edge on slippery ice and slid wrists-first into the boards.

Steve Wesseling was forced to take a couple of weeks off hockey after he dislocated his shoulder in the same game.

Ramsey Hanlon has had to end his college hockey career because of ongoing back spasms, which have gotten progressively worse over the season.

Hanlon played for the first month of the season, but was forced to seek physiotherapy.

Team captain Ian MacDonald has left the team because he is academically ineligible. Whether he will be back to continue the season next semester remains unconfirmed.



firmed.

The loss of four essential players has caused problems, said coach Ken Galerno.

Lineups have had to be changed. Players who started on the third or fourth string have moved up to starter positions.

Galerno said he is disappointed at

the way Turcotte was lost to the team.

"Matt's a key player," he said. "He plays all positions, he's powerful and a very physical skater."

Galerno added Turcotte's physical presence on the ice is what will be missed the most.

Turcotte, who has played in Jr. B and Jr. C leagues as well, said he's not so much disappointed about never being able to play hockey again, but more irritated at the reason for it.

"It would be a big risk for me to play hockey again," he said. "If I ever got hit again, it would most

likely result in more surgery."

No one is blaming the Cambrian player who shoved Turcotte.

Turcotte said Cambrian's known to be a physical team, however, they were no rougher than usual at the Nov. 20 game.

"Cambrian have always been rivals," said Galerno. "But honestly, there was no intent to harm him."

Galerno added hockey is a physical game and that's the chance players take when stepping on the ice.

Despite these crucial setbacks, the Condors still sit in second place, tied with Fleming and Humber colleges, with a record of 3-3-1, win-loss-tie.

"I commend the guys for stepping up to the plate though. That's probably the only good thing that's come out of the injuries," said Galerno. "It gives other guys a chance to show their stuff."

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Men's 1999 varsity hockey roster

- #2 Jamie Hickey
- #3 Brad Marshall
- #4 Craig McBrearty
- #5 Dave Longarini 'A'
- #6 Shane Neil
- #7 Greg Thede 'C'
- #8 Adam Duce
- #9 Sean Murray
- #10 Mike Rudney
- #12 Dave Stewart
- #14 Steve Wesseling
- #15 Darrell Woodley 'A'
- #16 Ramsey Hanlon
- #20 Jon Suckert
- #21 Dave Galbraith
- #23 Paul Brown
- #24 Ian Kalau
- #25 Kyle Boulton
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Condors' assistant captain Darrell Woodley, tries to shovel the puck past a sprawling member of the Sault Cougars on Dec. 3 at the Kenneth E. Hunter Recreation Centre. (Photo by Adam Wilson)

Cougars prey on Condors

By Adam Wilson

Despite great defence and goaltending, the Conestoga Condors were still unable to pull off a win against the Sault Cougars Dec. 3 at the Kenneth E. Hunter Recreation Centre.

The first period was all Cougars as they outshot the Condors 13 to 6.

The Cougars opened the scoring at 11:09 of the first on a weak shot that snuck by Condors' goaltender Jamie Taylor. Sault added another soft goal at 18:43 ending the period with a 2-0 lead.

Conestoga was unable to score in the first, even though the Cougars racked up 16 minutes in penalties.

The Condors came out flying in the second, when Dave Galbraith scored at 3:45. He was assisted by Shaun Spence and Adam Duce.

Continuing with their comeback, Dave Stewart scored on the power play at 8:45 tying the game at 2-2.

Jamie Hickey and Jon Suckert contributed on the game-tying goal.

The Condors dominated the Cougars in the second period, outshooting them 17-4 and playing solid defence.

As the third period started, the see-saw battle between the two teams began.

After a quick power-play goal by the Cougars, Darrell Woodley scored a short-handed goal, tying

the game up once again at 10:35. Galbraith assisted on the goal.

Less than a minute later, after Brad Marshall took a questionable double minor penalty for spearing, Sault scored another power-play goal to take a 4-3 lead.

The Sault scored their fifth goal at 15:02 of the third and Conestoga replied with a last ditch effort, scoring with 3:33 to go in the game.

The Condors' last goal was scored by Sean Murray and assisted by Woodley and Galbraith making the final score 5-4 for the Cougars.

Coach Ken Galerno said the Condors played an excellent game, both defensively and offensively.

"Any time when you hold a team to 20 or so shots on net during a college game," he said, "it can only reflect good things on a team's defence."

Galerno added that this game was probably the team's best defensive game so far this season.

Even though there are some key injuries on the Condors' roster at the moment, Galerno said the team still played awesome and they deserved a much better outcome to the game.

He said some players are really stepping up to fill the voids on the team's roster.

"I think that was Dave Galbraith's best game of the year," remarked Galerno.

COUNSELLOR'S CORNER: A Good Night's Sleep

Is the exam stress and Christmas-time demands causing you to lose sleep? Having a sleep problem can affect your mood, ability to concentrate and energy level. No matter which came first, the stress or the insomnia, improving your sleep can improve your ability to cope with daily stresses.

The most common sleep problems include sleep onset insomnia (taking more than an hour to fall asleep), sleep maintenance insomnia (frequent waking and difficulty returning to sleep at night) and early morning waking. Others include hypersomnia (sleeping too much), sleep apnea (severe snoring) and restless leg syndrome (leg discomfort and jerking).

These tips may help improve your sleep:

- **Avoid over-the-counter sleeping medication.** These may help you to fall asleep, but can disrupt normal sleeping patterns and leave you sleepier during the day.
- **Maintain a standard bedtime.** Go to bed within an hour of the same time each night to avoid "jet lag."
- **Don't go to bed too early.** If you're trying to get to bed earlier, don't change your bedtime drastically. To avoid tossing and turning, go to bed a half-hour to an hour before the time you normally get to sleep, and then gradually go to bed earlier (e.g. by half an hour a week).
- **Set a standard rising time.** Help set your internal clock by resisting the temptation to sleep in on weekends.
- **Save your bedroom for sleep.** Avoid activities inconsistent with sleeping in your bed. Don't study, work, talk on the telephone or watch television in bed to help associate the bed with sleeping.
- **Create a good sleep environment.** For most people, a good sleeping temperature falls between 18C to 21C. Avoid noise problems by using earplugs, soundproofing the room or creating white noise with a fan.
- **Avoid napping during the day.** This can disrupt your ability to get to sleep at night.
- **Prepare for sleep.** Avoid strenuous activity, exercise, heavy meals and bright light for at least an hour before bedtime.
- **Practice breathing or distraction strategies when attempting to get to sleep.** Thinking about problems or planning for the next day does *not* help you get to sleep.

To learn more about healthy lifestyle habits, talk to a counsellor in Student Services.

A message from Student Services (Room 2B02).

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